



# Course Guide

## Postgraduate Certificate in Supervision: Children & Young People's Mental Health and Wellbeing Services

This course is a 60-credit postgraduate certificate certified by UCL



### Overview

The Supervisors course is a one year part-time postgraduate programme specifically designed to support individuals in their role as Site Supervisors of trainees registered on the new workforce programmes delivered in collaboration with UCL at the Anna Freud Centre (AFC). These programmes are:

- PgDip CYP IAPT Therapy (Recruit to Train)
- PgCert Children & Young People's Psychological Wellbeing Practice (CWPs)
- PgDip Educational Mental Health Practice (EMHPs)

UCL is jointly commissioned with KCL to deliver these training programmes across London and the South-East and KCL have already delivered a Supervisors programme for two cohorts. The UCL Supervisors programme will provide additional capacity for a further cohort and the two courses will remain closely aligned.

### Background

The CYP IAPT initiative which commenced in 2011 reached services covering a significant proportion of the 0 – 19 population by 2018. In 2016 the Five Year Forward View for Mental Health set out a target of offering evidence-based interventions to 70,000 more children and young people annually by 2020, providing an accessible service for at least

35% of those with a diagnosable condition. This required an additional 1700 new staff to enter the workforce. The CWP programme set out to increase this capacity and meet gaps in service provision by focusing on prevention and early intervention. The Recruit to Train initiative also implemented new therapist roles by enabling individuals to undertake CYP IAPT Therapy training in a number of specialist areas.

In 2017 the Green Paper 'Transforming Children & Young People's Mental Health Provision' set out the creation of the new Mental Health Support Teams to reduce wait-times by one fifth by the end of 2022. These teams were linked to schools and colleges providing interventions to support those children and young people with mild-moderate needs. The EMHP programme was subsequently established training clinicians to work directly in schools.

### Programme Ethos

In supporting the training needs of students registered on these government funded programmes, there has been a clear need identified for Site Supervisors to be equally supported and trained to adequately oversee the work of trainees within all these various settings. The UCL Supervisors programme will help to extend the Supervisor's knowledge and understanding of evidence-based practice within CAMHS, community and school settings. The programme represents a departure from discipline-based supervision to supporting the

development of competencies in supervisors to enable the delivery of a range of models in their services aligned to the evidence base for low intensity interventions.

### How many supervisees do I need and how frequently should supervision be offered?

Supervisors will be required to supervise at least one trainee practitioner on their site to meet requirements for this course. All supervisors will be required to individually supervise trainees weekly and additionally in group supervision (where appropriate) for CWP and EMHP practitioners.

### What does the teaching look like?

Teaching will include live supervision of assessments and direct work, clinical caseload management and supervision of guided self-help interventions administered by trainees.

Models of supervision will be introduced along with competency frameworks and use of feedback tools. Teaching to the whole group will be delivered mostly online and in small group tutorials to maximise peer learning. The programme will comprise 12 - 15 teaching days using a blended learning model, plus 4 study days. Students will be expected to record supervision sessions and share these as part of small group learning and reflection.

### What assessments are there?

There are three pieces of work: An essay on effective supervision, a reflective essay, and a video recording of a supervision session and reflective analysis. These assessments are throughout the year training.



## Entry Requirements

Essential	Desirable
Normally a minimum of a second-class Bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant subject (e.g. psychology). <b>AND/OR</b> a registerable professional qualification in a relevant subject (e.g. medicine, psychology, social work) from a UK university of overseas professional qualification of an equivalent standards.	
<b>Experience:</b> Candidates will need to be experienced Mental Health Professionals as evidenced by 2 years working therapeutically/ clinically or consultatively within a CYP Education or Mental Health Setting with children and young people with mental health difficulties. Candidates must be able to demonstrate experience of clinically delivering the therapeutic approach for which they are supervising. (e.g CBT-informed interventions).	
Students must be employed in sites where trainees are delivering the programmes outlined previously. Supervisors will be required to supervise at least one trainee practitioner on their site to meet requirements for this course. All supervisors will be required to supervise trainees weekly.	



**Application Deadline:** Late November 2022

**Teaching will begin in January 2023**

### Next Steps

If you are interested in this training, you can register your interest, find out [more information here](#) and speak to your service manager about applying.

### Application Process

- **Prospective students**, for further information and enquiries, please contact [hope.bull@annafreud.org](mailto:hope.bull@annafreud.org).
- **Services** interested in nominating prospective students, for further information and enquiries, please contact [hope.bull@annafreud.org](mailto:hope.bull@annafreud.org).



Further Information

[UCL](#)

[Anna Freud Centre](#)

[NHSE Children and Young](#)

[People](#)